CONSIDERATION OF OTHERS (C02)
Suicide Prevention

U.S. ARMY FIELD SUPPORT COMMAND/

JOINT MUNITIONS COMMAND

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AFSC – On the Line

CONSIDERATION OF OTHERS (CO 2)

- **“Instill in all personnel the importance of CO 2 and the Army values of compassion and caring… The success of this program is dependent on leadership commitment at all levels.”**
  ~ 6 June 2003 GEN Kern

- **“The CO 2 program is the primary tool to help make the Command an enjoyable and rewarding place of employment . Special emphasis will be placed on treating others with respect and dignity.”**

~ 3 November 2000 MG McManus

Army Well-Being
January 2001

- Army readiness is inextricably linked to the Well-Being of our people. Our success depends on the whole team – Soldiers, civilians, families – all of whom serve the Nation.
- We have a covenant … and we will keep faith with them.
- Well-Being is defined as the personal - physical, material, mental, and spiritual – state of Soldiers, civilians, and their families that contributes to their preparedness to perform and support the Army's mission.

SUICIDE PREVENTION

- ✓ Suicides are PREVENTABLE !
- ✓ Leader Issue and a Relationship Issue
- ✓ Caring and Compassion are Central

APPROACH WE WILL TAKE

- ✓ Understand the severity of the problem
- ✓ Review the definitions of terms
- ✓ Learn immediate danger signals
- ✓ Look for warning signs to give us clues to help
- ✓ Estimate the risk a person may be in
- ✓ Recognize what to avoid
- ✓ Know what to do and how to help

SCOPE OF THE PROBLEM

- ✓ Once every minute someone in the USA attempts suicide.
- ✓ One out of every ten people has suicidal thoughts at some time in their life.
- ✓ Every day over 70 Americans commit suicide-nearly 3 each hour.
- ✓ Suicide is the number 3 cause of death for Americans between 15 and 30 years.
- ✓ The suicide rate in the Army parallels that of society. Over 800 deaths in last 10 years.

DEFINITIONS

- Suicide: The act of taking one's own life voluntarily and intentionally.
- Suicide Attempt: A life threatening attempt which would have taken the person's life except someone intervened.
- Suicide Gesture: An act which symbolizes a wish to die, but does not seriously endanger the person.

IMMEDIATE DANGER SIGNALS

- ✓Talking about/hinting at suicide
- ✓Giving away possessions
- ✓Obsession with death (music, poetry, letters, diary, artwork)
- ✓Making specific plans and access to lethal means
- ✓Buying a gun, knife, or obtaining rope

WARNING SIGNS

- ✓ Prolonged depression
- ✓ Preoccupation with death
- ✓ Difficulty in concentration
- ✓ Major changes in eating patterns
- ✓ Withdrawal from friends and family
- ✓ Sleep disturbance-too much/too little
- ✓ Changes in job performance

WARNING SIGNS

- ✓ Personality changes
- ✓ Excessive risk taking
- ✓ Self Destructive Behavior
- ✓ Tunnel vision
- ✓ Sense of helplessness, hopelessness, and worthlessness

WHO IS AT RISK?

- ✓ Made a previous attempt
- ✓ A family history of suicide
- ✓ Lost a friend through suicide
- ✓ Been involved with drugs or alcohol
- ✓ Alcoholics in family
- ✓ Depressed over a period of time

WHO IS AT RISK?

- ✓ Isolated from familiar surroundings
- ✓ Financial difficulties
- ✓ Loss of face, position, or work
- ✓ Non-selection for promotion

Estimating Risk – low, moderate, high

- ✓ Learn the warning signs
- ✓ Understand what the person is going through
- ✓ Observe and assess what is happening in a person's life, (stressors, symptoms, work disappointments, difficulties, relationship losses; hopelessness, helplessness, or worthlessness present)

How to really Help as a Friend

- ✓ Explore- Engage the person in conversation and identify any stressors
- ✓ Ask the question
- ✓ Inquire about CPR (Current Plan, Prior history, Resources available)
- ✓ Take action for safety – Contract with them to remain safe and implement a care plan

WHAT TO AVOID

- ✓ Don’t leave anyone alone.
- ✓ Don’t assume that someone is not the suicidal type.
- ✓ Don’t debate the morality of self-destruction or talk about how they may hurt others.
- ✓ Don’t keep a deadly secret.
- ✓ Don’t tell them to go ahead.

WHAT CAN YOU DO?

- ✓C – COMPASSION
- ✓A - AFFIRMATION
- ✓R – RESPONSIBILITY
- ✓E - ENCOURAGEMENT

COMPASSION

- ✓ Compassion is an intentional act.
- ✓ Compassion is compelled by seeing a need.
- ✓ Compassion is reaching out where it is in your power to do something about it.

AFFIRMATION

- ✓ Affirmation of people.
- ✓ Affirmation of places.
- ✓ Recognize good where you can.

RESPONSIBILITY

- Responsibility as an attitude.
- Responsibility as an action.
- Each of us is responsible if we know o should know that something is “wrong.”

ENCOURAGEMENT

- ✓ Encouragement lifts the spirit.
- ✓ Encouragement offers hope.
- ✓ Encouragement can be in words, a touch, or a smile.

REVIEW

- ✓ Compassion is intentional.
- ✓ Affirmation is recognition of the good.
- ✓ Responsibility is an attitude that is willing to take action on behalf of others.

- ✓ Encouragement helps to strengthen our spirits.

Caring and Compassion – CO 2

- ✓ Be a good friend
- ✓ Listen - (talk less – listen more)
- ✓ Get to know them
- ✓ Ask the right questions
- ✓ Really work to connect with the person
- ✓ Help out a fellow patriot when in need

Help Available

- Duty Hours: Employee Assistance Program
  309-782-4357 / 0828
- After Duty Hours: 1-800- Suicide (784-2432).
- Army One Source Hotline 24/7: 1-800-464-8107
- Contact the Chaplain's office, if necessary:
  ~ 309-782-0910
- For Attempts or Gestures – Contact the supervisory chain of command, police station, and help to arrange to take individual to the local emergency room.